TCARE x VIVO

VBCExhibitHall.com
Educational Webinar Series

Aging in Place Takes a Team

Supporting Caregivers' Strength and Independence



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Agenda

1. Aging in place is a team effort
Who makes independence possible

2. Risks that threaten independence
What can put aging in place at risk

3. The ripple effect on family caregivers
When one person's needs affect the whole family

4. Why earlier matters
The value of recognizing needs sooner

5. A coordinated, whole-person approach
Bringing the pieces together

6. Key takeaways
What we want you to remember

7. Q&A
Let's continue the conversation

When does your organization usually learn an older adult’s independence is at risk?

Choose one:

A: After a fall, ER visit or hospital stay

B: When a family caregiver reaches out in crisis

C: Through routine screening or assessments

D: We don’t have a consistent way yet

Aging in place is more than staying home

The family caregiver

Provides day-to-day support, often notices changes first, and carries more than most people see.

Strength & independence

Physical strength, mobility, and confidence support everyday independence, including for older adults who are caregivers themselves.

Independence depends on both.

Supporting one without the other leaves gaps.



Why this matters now

Growing caregiving demands

63 million Americans provide family care, and caregivers may be managing their own health and independence alongside someone else's.

Complex needs, fragmented support

Families may struggle to recognize changing needs and navigate available services before problems escalate.

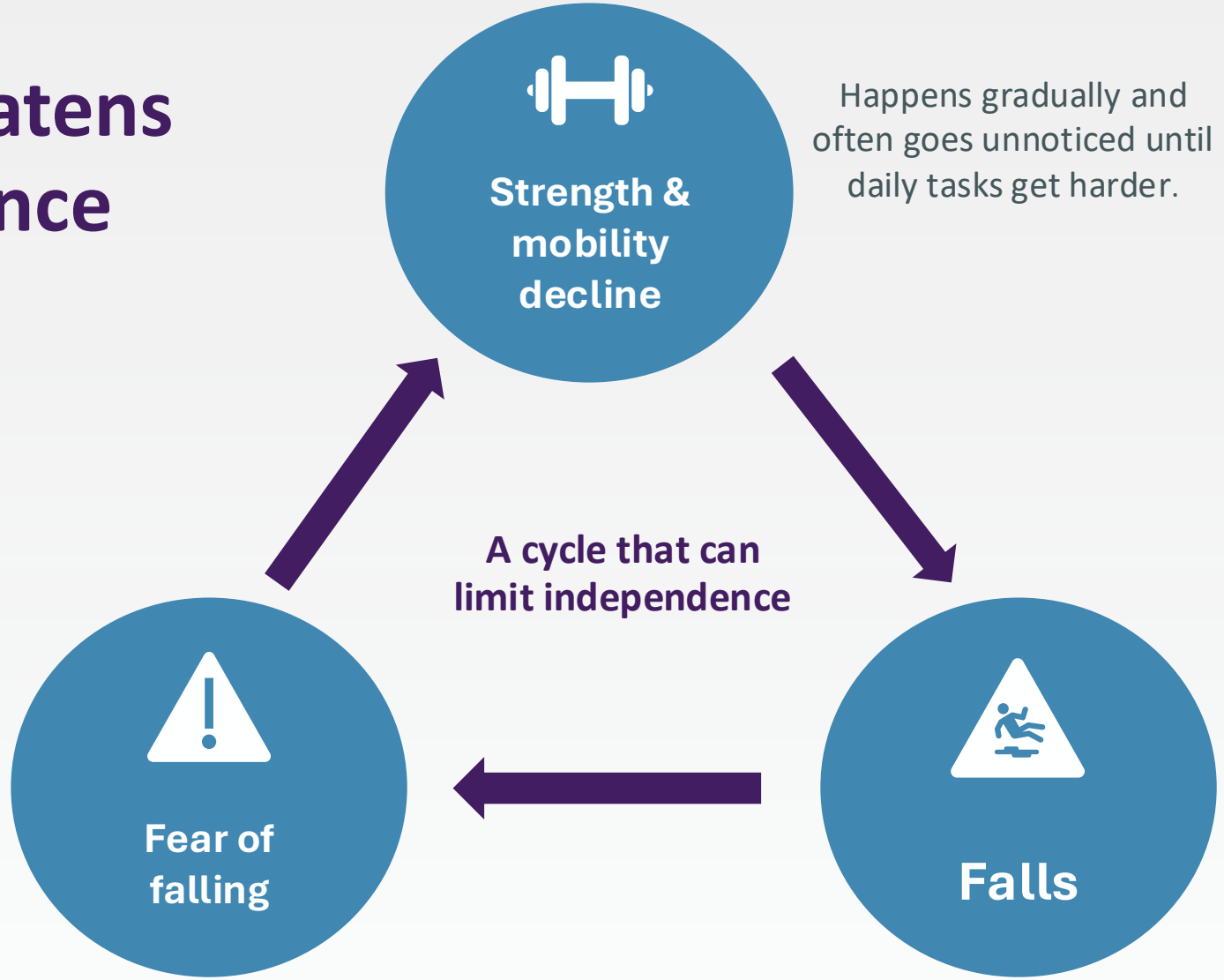
Limited organizational capacity

Health plans, providers, and community organizations need proactive support without adding to already stretched teams.

AARP & National Alliance for Caregiving, Caregiving in the U.S. 2025.



What Threatens Independence



The proactive answer: strength and mobility work as prevention, not just rehab.

The Hidden Risk to Aging in Place:
Caregiver Burnout

Care Needs Increase

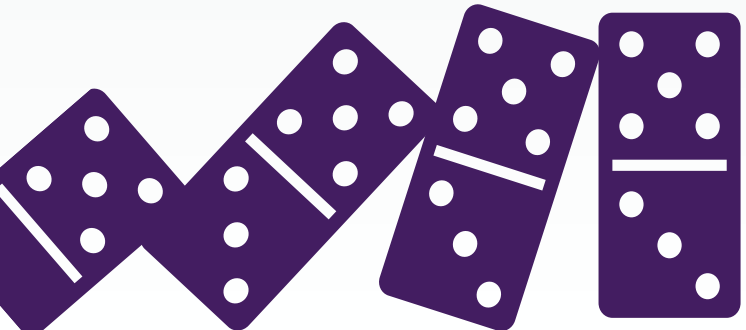
As independence declines, caregivers take on more responsibility.

Caregiver Strain Builds

Growing demands can affect the caregiver's health, well-being, and ability to provide care.

The Entire Care Situation Situation is at Risk

Without support, burnout can threaten the stability of care at home.



The Domino Effect:
When caregiver burnout goes unaddressed, the risk of crisis, emergency care, or unplanned placement can increase.

From Reactive to Proactive



Reactive:

After the Crisis

- A fall leads to an ER visit
- Caregiver hits a breaking point
- Unplanned move out of the home



Proactive:

Before the Crisis

- Identify changes in strength or mobility early.
- Recognize increasing caregiver strain
- Connect families to support earlier

The goal:

Recognize needs early. Connect to support.
Help people remain at home.


“I went skydiving!!
That would not have
happened without
this program.“
WNY
SKYDIVING

“My experience with TCARE was **life-saving** and **life-changing** for me.”

“As a solo caregiver, the support I received was tailored to my needs, even as they changed over time. I knew I could always reach out when I needed support.”

Teresa M.
Daughter caring for her mother

A WHOLE-PERSON APPROACH

Better together

Vivo:
Physical & cognitive health + community

- Virtual, live small-group strength and balance classes for adults 55+.
- Helps caregivers and the people they care for build physical health and peer community from home.



TCARE:
Caregiver care management

- Evidence-based assessment and tailored care plans that address caregiver burdens with local, low/no-cost resources.
- Identifies caregivers who would benefit from Vivo classes and tracks burden over time.

Better outcomes in value-based care

Different approaches. Complementary outcomes. A more complete picture of aging in place.

43% Reduced nursing facility placement

27% Improvement in lower-body strength

45% Of engaged caregivers improve their mental health status and reduce their high-burden scores.

30% Reduction in caregiver burden

EFFECTIVE & PROACTIVE

What it takes



Identify needs early

Recognize caregiver strain and changes in physical function before needs escalate.



Build Referral Pathways

Make it easy to connect families with the right support at the right time.



Partner Across the System System

Coordinate ongoing support that keeps families engaged as their needs change.

Did today's conversation highlight any opportunities to strengthen aging-in-place support within your organization?

Select all that apply:

A. It reinforced our current approach

B. We could improve coordination and referrals

C. We could be more proactive about fall prevention

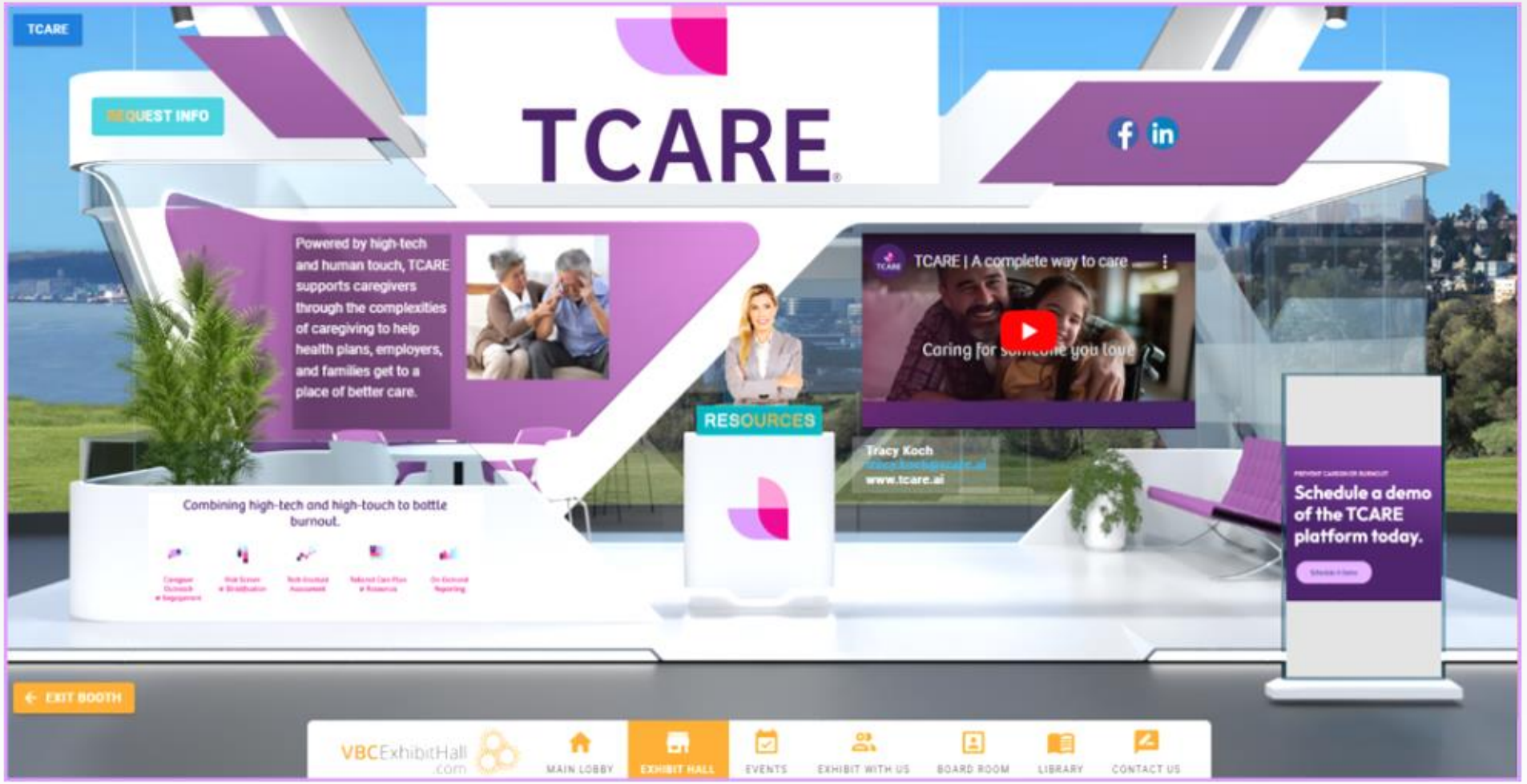
D. We could better support caregivers

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Q&A

Stop by our VBCExhibitHall.com Virtual Booth:

VBCExhibitHall.com



Visit the TCARE exhibit booth

THANK YOU

Let’s keep the conversation going

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